



POLAND GLOW IN THE PARK

“A Race Under the Lights”
Saturday, October 1, 2022

Hosted by: Poland Track and Cross Country Club
Site: Poland Township Park, 5400 Moore Rd., Lowellville, OH 44436
Registration: www.baumspage.com

The third annual “Glow in the Park” Cross Country Invitational is an opportunity for your school’s XC runners to experience a race like no other. The challenging, well-lit course provides a good mix of flat segments and hills to bring out the strength of each runner as they hit their final kick with a fast, downhill finish. Especially unique to the course is that spectators can view the entire race from a single vantage point. Middle school runners complete one lap (2 miles) while high school runners run a modified double loop for the 5K course.

Race Times

7:45 pm Middle School Girls 8:45 pm High School Girls
8:15 pm Middle School Boys 9:25 pm High School Boys

Cost

High School \$90 per team Middle School \$60 per team Individual entries \$20

School Name _____

Address _____

City _____ **State** _____ **Zip** _____

Coach’s name _____

Email _____ **Mobile Phone #** _____

Please indicate which race(s) you are entering.

_____ Boys High School	_____ Girls High School	Amount Enclosed
_____ Boys Middle School	_____ Girls Middle School	\$_____
_____ Individuals runners (indicate number of entries)		

PAYMENT WITH APPLICATION (preferred) OR DAY OF RACE

Registration Deadline: September 21, 2022

Make checks payable to Poland Track & Cross Country Club

Register first at www.baumspage.com then send completed registration form to:

Poland Track & Cross Country Club PO Box 5296 Poland, OH 44514

To view course:

<https://youtu.be/q-rSk1AT4bl>